


## Club Championship Rules 2017

It is the responsibility of the each runner to be aware of and comply with the current Club Championship rules at the start of each season.

1 There will be a Ladies and a Men's Club Championship.
Club Championship points will be awarded based on tinishing position:
1st 10 points; 2nd 9 points; 3rd 8 points; 4th 7 points; 5th 6 points; 6th 5 points; 7th 4 points; 8th 3 points; 9th 2 points; 10th and all other positions 1 point.

3 Every qualifying runner who completes the race will receive at least 1 Club Championship point.

4 To receive Club Championship points, runners must enter under the Running Somewhere Else Club name.

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To receive Club Championship points, runners must have a valid membership of Running Somewhere Else. Runners who are registered as a first claim runners at another club and who are also
6 members of Running Somewhere Else as a second claim runner are eligible to score points.

7 To receive Club Championship points runners must compete under their own name. If a runner takes someone else's number the runner must get the name formally changed.

To receive Club Championship points runners must wear official club running colours.
$8 \quad$ This is a vest with a yellow body, with black, green and red vertical stripes under arms with a red logo and black "Running Somewhere Else" logo text on front.

9
Runners must complete at least 5 events for their total points to count in the final calculation of the Club Championship positions and to receive a prize.

Runners may enter all of the Club Championship races; however, the best 8 results from each runner will count towards their final total for the Club Championship.

At the end of season prize giving event, trophies will be awarded to 1st, 2nd \& 3rd
11 position runners in both Club Championships, assuming there are 3 runners who have completed 5 races.

12
In the event of a tie for points for the top 3 places, the head-to-head race performances are used to determine final Club Championship positions.

Each year one shorter race ( 5 mile or 10 k ) will be nominated as the Club Championship handicap race.
The handicap will be calculated from the previous performance in the nominated race and
13 the last recorded time for a race of the same distance on www.RunBritain.com. If suitable times are not available a time will be allocated based upon a runner of a similar performance. Club Championship points are awarded based on the final position after the handicap is applied.

